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IMPROVING COMMUNICATION IN YOUR RELATIONSHIP

Good communication is a key to healthy relationships. Effective communication involves developing skills in the following areas: [Listening](#), [speaking](#), [non-verbal communication](#), and [message](#)

LISTENING

- Focus on what your partner is saying
- Don't interrupt
- Reflect back what your partner has said
- Ask questions
- Pay attention to your partner's body language

SPEAKING

- Use "I" statements
- Be open
- Be specific
- Be honest
- Take responsibility for what is yours
- Focus on the positive
- Respond, but don't react
- Don't use threatening or harmful language

NON-VERBAL COMMUNICATION

- Be aware of your body language
- Make eye contact
- Hug or kiss your partner when you leave or come home
- Use gentle touch
- Relax

MESSAGE

- Know what is important to you
- Consider what is important to your partner
- Understand and accept that you and your partner may have differing views
- Organize your thoughts before you speak
- Set ground rules
- Try to resolve conflicts, not win them

Communication affects how you solve problems, resolve conflict, show affection and love, and develop trust in your relationship. A lack of communication can result in confusion, misunderstandings, and poor communication patterns.

**If you are interested in more information, please contact
The Safing Center at 781-687-3998**

National Domestic Violence 24-hour Hotline 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)